

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Orland Park Store, Midwest Region

Whole Foods Market is excited to bring you Celebrating Your Choices, a series of shopping lists and information for those on special diets. We believe that food should bring pleasure along with good health, and these guides are intended as a resource to help everyone experience as many healthy, natural food choices as possible. Check out our website for more information about gluten and casein-free foods:

<http://www.wholefoodsmarket.com/specialdiets>

The information provided in this shoppers list is only a guide to help you identify products that may meet your dietary needs or preferences. It is not medical advice. We have included products on this list based only upon information provided by the manufacturer. In addition, while we are attempting to keep this information accurate and up to date, please be aware that ingredients in products may change from time to time. You should always read the actual product label before purchasing a product. Also note that there is no guarantee of the absence of cross-contamination in any product.

### Baking Needs

#### Ener-G Foods

- Xanthum Gum
- Egg Replacer
- Brown Rice Loaf Yeast Free

#### Enjoy Life Foods

- Mini Chips

### Bread

#### Ener-G Foods

- Brown Rice Loaf Yeast Free

### Candy and Chocolate

#### Enjoy Life

- Boom Choco Boom Dark Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

### Cereal

#### Arrowhead Mills

- Organic Maple Buckwheat Flakes

### Condiments

#### OrganicVille

- Original BBQ Sauce

#### Organicville

- Organic Ketchup
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, French
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette

#### The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

### Cookies and Snack Bars

#### Enjoy Life

- Gluten Free Sun Bar

#### Enjoy Life (Cont'd)

- Gluten Free Cocoa Loco Snack Bar

#### Enjoy Life Foods

- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Chocolate Chip Cookies
- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

#### So Delicious

- Coconut Milk Cookie Dough

### Dairy Alternatives

#### Ener-G Foods

- Egg Replacer

#### So Delicious

- Coconut Almond Minis
- Chocolate Covered Vanilla Coconut Minis

### Ethnic Foods

#### Organicville

- Organic Sesame Teriyaki

### Frozen Foods

#### Ian's Natural Foods

- Popcorn Turkey Corn Dogs
- Fish Sticks, Allergen Free

#### So Delicious

- Coconut Almond Minis
- Coconut Milk Cookie Dough
- Chocolate Covered Vanilla Coconut Minis

### Nutritional Supplements

#### Rainbow Light

- Men'S One Multivitamin 30
- Prenatal One Multivitamin 150
- Prenatal One Multivitamin 30
- Men'S One Multivitamin 150
- Prenatal Petite Multivitamin 180

## **Rainbow Light (Cont'd)**

- Kid'S One Multistars 30
- Women'S One Multivitamin 150
- Vitamin D 400 Iu Gummies 60
- Prenatal One Multivitamin 90
- Women'S One Multivitamin 30
- Just Once Multivitamin 30
- Food Based Calcium
- Women'S One Multivitamin 90
- Gummy Power Sours 30
- Everyday Calcium With Enzymes 120
- Men'S One Multivitamin 90
- Nutristart Multivitamin Powder 30
- Prenatal Petite Multivitamin 90
- Just Once Multivitamin 120
- Kid'S One Multistars 90

## **Sauces/Salsas/Dips**

### **OrganicVille**

- Original BBQ Sauce

### **Organicville**

- Organic Sesame Teriyaki

### **The Ginger People**

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baking Needs**

### **Ener-G Foods**

- Brown Rice Loaf Yeast Free
- Xanthum Gum
- Egg Replacer

### **Enjoy Life Foods**

- Mini Chips

## **Bread**

### **Ener-G Foods**

- Brown Rice Loaf Yeast Free

## **Candy and Chocolate**

### **Enjoy Life**

- Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
- Boom Choco Boom Dark Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

- Organic Maple Buckwheat Flakes

## **Condiments**

### **OrganicVille**

- Original BBQ Sauce

### **Organicville**

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Ketchup
- Organic Dressing, French

### **The Ginger People**

## **The Ginger People (Cont'd)**

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

- Gluten Free Sun Bar
- Gluten Free Cocoa Loco Snack Bar

### **Enjoy Life Foods**

- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Chocolate Chip Cookies

### **So Delicious**

- Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

- Egg Replacer

### **So Delicious**

- Chocolate Covered Vanilla Coconut Minis
- Coconut Almond Minis

## **Ethnic Foods**

### **Organicville**

- Organic Sesame Teriyaki

## **Frozen Foods**

### **Ian's Natural Foods**

- Fish Sticks, Allergen Free
- Popcorn Turkey Corn Dogs

### **So Delicious**

- Coconut Milk Cookie Dough
- Chocolate Covered Vanilla Coconut Minis
- Coconut Almond Minis

## **Nutritional Supplements**

### **Rainbow Light**

- Prenatal Petite Multivitamin 180
- Gummy Power Sours 30
- Men'S One Multivitamin 90
- Just Once Multivitamin 120
- Women'S One Multivitamin 150
- Nutristart Multivitamin Powder 30
- Prenatal One Multivitamin 30
- Women'S One Multivitamin 30
- Kid'S One Multistars 90
- Women'S One Multivitamin 90
- Prenatal Petite Multivitamin 90
- Prenatal One Multivitamin 90
- Vitamin D 400 Iu Gummies 60
- Everyday Calcium With Enzymes 120
- Prenatal One Multivitamin 150
- Men'S One Multivitamin 150
- Food Based Calcium
- Kid'S One Multistars 30
- Men'S One Multivitamin 30
- Just Once Multivitamin 30

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Sesame Teriyaki

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baking Needs**

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

## **Candy and Chocolate**

### **Enjoy Life**

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

Organic Maple Buckwheat Flakes

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

Gluten Free Cocoa Loco Snack Bar

Gluten Free Sun Bar

### **Enjoy Life Foods**

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **So Delicious**

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

## **Frozen Foods**

### **So Delicious**

Coconut Almond Minis

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **The Ginger People**

## **The Ginger People (Cont'd)**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce